Superstar Foods
by Dr. Ann
FOR WEIGHT LOSS

HIGH IN NUTRITION. LOW IN CALORIES. TASTY AS EVER.

- Carrots, Cauliflower
- Mushrooms - any variety
- Broccoli, Brussels sprouts
- Artichoke hearts
- Cabbage - any variety
- Asparagus
- Sweet potatoes
- Red/orange/yellow bell peppers
- Winter squash - any variety
- Canned 100% pumpkin
- Onions, especially red
- Any dark leafy greens (kale, collards, swiss chard, etc)
- Any dark lettuce greens (spinach, romaine, arugula, etc)
- Berries - any variety
- Apples - any variety
- Oranges/any whole citrus
- Red/purple grapes
- Pomegranates
- Plums, Cherries
- Tomatoes, especially canned
- Avocados
- Kiwi, Pears, Peaches
- Cantaloupe
- Watermelon

- Whole oats (steel cut or “old-fashioned” are best)
- Any fresh or dried herbs/spices - especially ginger, rosemary, turmeric, curry, garlic
- Dark chocolate - 80% or higher, limit 2 squares daily
- Fresh or canned salmon, especially wild
- Low-fat or non-fat plain Greek yogurt
- Tofu
- Fermented foods - kraut, tempeh, kimchi
- Nuts - any variety
- Seeds - any variety
- Beans - any variety
- Lentils, Quinoa, Brown rice
- Edamame

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